



Figs in Red Wine with Herbed Goat Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1130 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 2 cups cooking wine dry red
- ☐ 0.5 pound figs dried fresh halved lengthwise
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 3.5 ounce log goat cheese
- ☐ 0.3 cup honey
- ☐ 1 sprigs thyme to garnish fresh
- ☐ 1 cup walnuts finely chopped

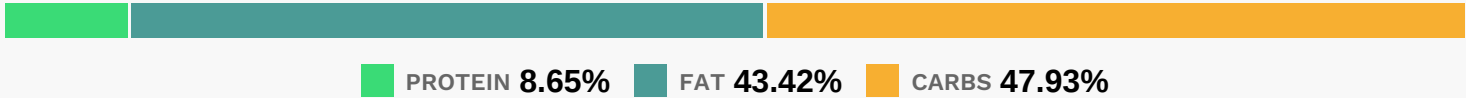
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Figs: In a nonreactive medium pot combine the wine, honey, and cinnamon. Bring to a simmer, over low heat, and cook until slightly thickened, about 30 minutes.
- ☐ Add the figs and cook for 10 minutes. Set aside to cool slightly.
- ☐ Remove the cinnamon stick.
- ☐ Goat cheese: In a shallow bowl, mix together the walnuts and thyme. With damp hands, roll the goat cheese into 1-inch balls.
- ☐ Roll the balls into the nut mixture until coated.
- ☐ To serve: Spoon the figs into 2 glasses and drizzle with the wine syrup.
- ☐ Add the herbed goat cheese and serve.

Nutrition Facts



Properties

Glycemic Index:99.14, Glycemic Load:38.14, Inflammation Score:-10, Nutrition Score:26.873043443846%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 7.97mg, Petunidin: 7.97mg, Petunidin: 7.97mg, Petunidin: 7.97mg Delphinidin: 10.03mg, Delphinidin: 10.03mg, Delphinidin: 10.03mg, Delphinidin: 10.03mg Malvidin: 62.98mg, Malvidin: 62.98mg, Malvidin: 62.98mg, Malvidin: 62.98mg Peonidin: 4.44mg, Peonidin: 4.44mg, Peonidin: 4.44mg, Peonidin: 4.44mg Catechin: 18.48mg, Catechin: 18.48mg, Catechin: 18.48mg, Catechin: 18.48mg Epicatechin: 25.58mg, Epicatechin: 25.58mg, Epicatechin: 25.58mg, Epicatechin: 25.58mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 1129.78kcal (56.49%), Fat: 49.69g (76.45%), Saturated Fat: 10.99g (68.71%), Carbohydrates: 123.41g (41.14%), Net Carbohydrates: 107.15g (38.96%), Sugar: 91.11g (101.24%), Cholesterol: 22.82mg (7.61%), Sodium: 197.09mg (8.57%), Alcohol: 25.2g (100%), Alcohol %: 6.3% (100%), Protein: 22.27g (44.54%), Manganese: 2.99mg (149.52%), Copper: 1.65mg (82.41%), Fiber: 16.26g (65.03%), Magnesium: 181.78mg (45.44%), Phosphorus: 409.8mg (40.98%), Calcium: 336.64mg (33.66%), Potassium: 1080.7mg (30.88%), Iron: 5.53mg (30.73%), Vitamin B6: 0.58mg (28.83%), Vitamin B2: 0.39mg (23.13%), Vitamin B1: 0.33mg (22.11%), Zinc: 3.16mg (21.1%), Vitamin K: 20.71µg (19.72%), Folate: 75.12µg (18.78%), Vitamin A: 611.96IU (12.24%), Vitamin B5: 1.2mg (12.04%), Vitamin B3: 1.67mg (8.36%), Selenium: 5.33µg (7.61%), Vitamin E: 0.95mg (6.32%), Vitamin C: 4.8mg (5.82%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.2µg (1.32%)